

| | | 区分 | 大稽古場 | 中稽古場1 | 中稽古場2 | 小稽古場1 | 小稽古場2 | 小稽古場3 | 大練習室 | 中練習室 | 小練習室A | 小練習室B | 小練習室C | 小練習室D | 区分 | | |
|----|---|----|------|-------|-------|-------|-------|-------|------|------|-------|-------|-------|-------|----|----|---|
| 1 | 土 | 午前 | | | | | | | | | | | | | 午前 | 1 | 土 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 2 | 日 | 午前 | | | | | | | | | | | | | 午前 | 2 | 日 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 3 | 月 | 午前 | | | | | | | | | | | | | 午前 | 3 | 月 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 4 | 火 | 午前 | | | | | | | | | | | | | 午前 | 4 | 火 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 5 | 水 | 午前 | | | | | | | | | | | | | 午前 | 5 | 水 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 6 | 木 | 午前 | | | | | | | | | | | | | 午前 | 6 | 木 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 7 | 金 | 午前 | | | | | | | | | | | | | 午前 | 7 | 金 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 8 | 土 | 午前 | | | | | | | | | | | | | 午前 | 8 | 土 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 9 | 日 | 午前 | | | | | | | | | | | | | 午前 | 9 | 日 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 10 | 月 | 午前 | | | | | | | | | | | | | 午前 | 10 | 月 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 11 | 火 | 午前 | | | | | | | | | | | | | 午前 | 11 | 火 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 12 | 水 | 午前 | | | | | | | | | | | | | 午前 | 12 | 水 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 13 | 木 | 午前 | | | | | | | | | | | | | 午前 | 13 | 木 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 14 | 金 | 午前 | | | | | | | | | | | | | 午前 | 14 | 金 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 15 | 土 | 午前 | | | | | | | | | | | | | 午前 | 15 | 土 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 16 | 日 | 午前 | | | | | | | | | | | | | 午前 | 16 | 日 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 17 | 月 | 午前 | 休館日 | | | | | | | | | | | | 午前 | 17 | 月 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 18 | 火 | 午前 | | | | | | | | | | | | | 午前 | 18 | 火 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 19 | 水 | 午前 | | | | | | | | | | | | | 午前 | 19 | 水 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 20 | 木 | 午前 | | | | | | | | | | | | | 午前 | 20 | 木 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 21 | 金 | 午前 | | | | | | | | | | | | | 午前 | 21 | 金 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 22 | 土 | 午前 | | | | | | | | | | | | | 午前 | 22 | 土 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 23 | 日 | 午前 | | | | | | | | | | | | | 午前 | 23 | 日 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 24 | 月 | 午前 | 休館日 | | | | | | | | | | | | 午前 | 24 | 月 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 25 | 火 | 午前 | | | | | | | | | | | | | 午前 | 25 | 火 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 26 | 水 | 午前 | | | | | | | | | | | | | 午前 | 26 | 水 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 27 | 木 | 午前 | | | | | | | | | | | | | 午前 | 27 | 木 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 28 | 金 | 午前 | | | | | | | | | | | | | 午前 | 28 | 金 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 29 | 土 | 午前 | | | | | | | | | | | | | 午前 | 29 | 土 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 30 | 日 | 午前 | | | | | | | | | | | | | 午前 | 30 | 日 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |
| 31 | 月 | 午前 | 休館日 | | | | | | | | | | | | 午前 | 31 | 月 |
| | | 午後 | | | | | | | | | | | | | 午後 | | |
| | | 夜間 | | | | | | | | | | | | | 夜間 | | |